

CERVICAL CANCER



Cervical cancer is a type of cancer that develops in the cervix, the opening of the uterus towards the vagina. It is the fourth most common cancer in women worldwide, and is responsible for over 300,000 deaths each year.

SYMPTOMS OF CERVICAL CANCER CAN INCLUDE

- **Abnormal vaginal bleeding:** This can include bleeding between periods, after sex, or after menopause
- **Pelvic pain:** This can include pain during sex, between periods, or in the lower abdomen
- **Unusual vaginal discharge:** This can include discharge that is bloody, watery, or has a foul odor

RISK FACTORS FOR CERVICAL CANCER INCLUDE

- **Human papillomavirus (HPV) infection:** HPV is a sexually transmitted infection that is the leading cause of cervical cancer
- **Smoking:** Smoking weakens the immune system and can make it more difficult for the body to fight off HPV infection
- **Weakened immune system:** Conditions that weaken the immune system, such as HIV/AIDS, can make it more difficult for the body to fight off HPV infection
- **Early age of first sexual intercourse:** Having sex at a young age increases the risk of exposure to HPV
- **Multiple sexual partners:** Having multiple sexual partners increases the risk of exposure to HPV
- **A history of other sexually transmitted infections:** Having other sexually transmitted infections can make it easier for HPV to infect the cervix

THE FOLLOWING TIPS CAN HELP REDUCE YOUR RISK OF CERVICAL CANCER

- **Get vaccinated against HPV:** The HPV vaccine is safe and effective in preventing HPV infection, which is the leading cause of cervical cancer
- **Get regular Pap smears and HPV tests:** These tests can help detect precancerous cells early, when they are easier to treat
- **Practice safe sex:** Use condoms consistently and limit your number of sexual partners

Early detection and treatment of cervical cancer is essential for improving outcomes. Pap smears and HPV tests are used to screen for cervical cancer. If precancerous cells are found, they can be treated to prevent them from developing into cancer. If cancer is diagnosed, treatment options may include surgery, radiation therapy, or chemotherapy.

Snacking means eating smaller portions of food between meals.

Opt for snacks with protein, fiber, and healthy fats to help keep you full throughout the day.

While research on whether snacking aids weight loss is mixed, some evidence suggests that increasing your meal frequency through snacking may help manage hunger and improve blood sugar regulation.

Additionally, snacking can help you increase your intake of nutrient-rich foods like fruits and vegetables — and most people are not eating enough produce. By planning ahead and focusing on nutrient-rich foods, snacks may support your weight management goals by managing hunger and keeping you satisfied between meals.



MIXED NUTS

Nuts are an ideal nutritious snack, providing the perfect balance of healthy fats, protein, and fiber.

RED BELL PEPPER WITH GUACAMOLE

Although all bell peppers are nutritious, red varieties are particularly high in antioxidants. Guacamole is also a rich source of nutrients and minerals.



GREEK YOGURT AND MIXED BERRIES

Greek yogurt is high in protein, and berries are one of the best sources of antioxidants around.